



This is a quick page to help you understand what you will find inside the **Hip Pain Physiotherapy PDF guide**.

The guide was designed to be followed **directly from home** and includes a **guided self-assessment** to help you better understand your symptoms.

Based on the results, you will be able to choose the **most appropriate exercise protocol** for your situation.

Inside the PDF you will also find **clear explanations, movement tests and physiotherapy exercises** designed to help improve hip mobility and manage pain safely.

How This Guide Works

Inside this PDF you will find:

- simple questions
- guided movement tests
- progressive exercise programs

Each step is accompanied by a **clear explanation** to help you understand:

- what the exercise is for
- how to perform it correctly
- how to listen to your body's sensations

The goal is to help you move **safely and confidently**, without forcing movements and without fear.

● TEST 1 — Passive Hip Flexion



Position:

Lie on your back with your **knees bent and feet resting on the floor.**

Execution:

■ MECHANICAL PROFILE (JOINT)

👉 More likely if:

- pain or blocking sensation during passive tests
- a stiff and non-elastic painful range of motion

💡 Typically involves:

the joint structures, such as the **capsule or the joint itself.**

◆ Follow PROTOCOL A — Mechanical

■ MUSCULAR PROFILE

👉 More likely if:

- active tests provoke pain
- passive tests feel more free and less painful

◆ Follow PROTOCOL B — Muscular

2 Active Hip Abduction (Eccentric)



Position:

Lie on your **side**, with the **hip you want to train positioned on top**, and a **weight attached to your ankle** (or without weight if necessary).

Start your recovery journey today.

Download the physiotherapy guide in PDF format to reduce your pain and start to regain your mobility.

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